

Good Bowels Are An Aid to Growth

Infant Children Need a Mild Laxative to Foster Regular Bowel Movement.

A child grows older it requires more and more personal attention from the mother, and as the functions of the bowels are of the utmost importance to health, great attention should be paid to them.

Diet is of great importance, and the mother should watch the effect of certain foods. A food will constipate one and not another, and so we have a healthy food like eggs causing bitterness to thousands, and a wholesome fruit like bananas constipating many. It is also to be considered that the child is growing, and great changes are taking place in the young man or young woman. The system has not yet settled itself to its later routine.

A very valuable remedy at this stage, and one which every growing boy and girl should be given often or occasionally, according to the individual circumstances, is Dr. Caldwell's Syrup Pepsin. This is a laxative and tonic combined, so mild that it is given to little babies, and yet equally effective in the most robust constitution. At the first sign of a tendency to constipation give a small dose of Syrup Pepsin at night on retiring, and prompt action will follow in the morning. It not only acts on the stomach and bowels but its tonic properties build up and strengthen the system generally, which is an opinion shared by Mr. John Dey of Bloomfield, N. J. He has a large family and at ages where the growth and development



MARIE DEY

must be watched. Little Marie has thrived especially well on Dr. Caldwell's Syrup Pepsin. Mr. Dey considers it the right laxative for young and old and has found none better for young children.

The use of Dr. Caldwell's Syrup Pepsin will teach you to avoid cathartics, salts and pills, as they are too harsh for the majority and their effect is only temporary. Syrup Pepsin brings permanent results, and it can be conveniently obtained of any nearby druggist at fifty cents and one dollar a bottle. Results are always guaranteed or money will be refunded.

Families wishing to try a free sample bottle can obtain it postpaid by addressing Dr. W. B. Caldwell, 203 Washington St., Monticello, Ill. A postal card with your name and address on it will do.

NOT MUCH OF A PROBLEM

Observing Boy Had Sure Way of Determining the Breed of Chicken Served for Dinner.

At a recent dinner in a suburban district, where all the guests were amateur chicken raisers, after a discussion of the egg problem the conversation turned to the best breed of hens. After the good points of Orpingtons, Minorcas, Leghorns and others had all been brought forth the host said:

"Well, the ultimate end of every chicken is the pot, and you can't tell the difference when it is on the table. Let's see how many can tell what kind of a hen we have just eaten."

All agreed it was a very good kind, but there were many guesses as to the breed. The only child at the table, a twelve-year-old boy, was the one who guessed correctly.

The host beamed on him and said: "Jimmie, how did you know it was a Plymouth Rock?"

"Oh, that was easy," he replied. "I found a feather in the gravy."

His Turn for the Feather. Two motorists, having almost ruined their tempers and their times—in a vain attempt to find a hotel with a vacant bed, were at last forced to make the best of a small inn.

Even then they had to share a bed, which was—and on this the landlord laid great stress—a feather bed.

They turned in, and one of the pair was soon fast asleep; the other was not. He could not manage to dodge the bumps and heard hour after hour strike on the church clock until 3 a. m., when he also slept.

He did this by violently shaking his snoring friend.

"What's the matter?" growled the other. "It can't be time to get up yet."

"No, it isn't," retorted his friend continuing to shake him, "but it's my turn to sleep on the feather!"

The Marriageable Girl. The most delightful houses to visit are those belonging to certain women who took their college degrees and spent their time until marriage in teaching or in similar occupations.

The husbands have gained companions as well as cooks and housekeepers, and the concentration that enabled those women to gain their degree is now turned to making their wifehood a success.

They certainly do play golf or tennis or walk for exercise. They play with their husbands on equal terms. The fact that they have one accomplishment puts them on a footing with the learned class.

One accomplishment always leads to many. So the parents who allow their daughters to sit down and wait on the chance of a husband's turning up are sadly neglecting their duty.

Remember: The day is past when women take pride in saying, "I never did a day's work in my life." Such pride is that of idiots.—Exchange.

His Experience. "That milkman ought to be able to coach his lawyer in his suit. 'In what way?' 'In how to pump his witness.'"

Spelling Reform. "Are you a spelling reformer?" "I am—to the extent of not believing that McMillan ought to be recognized as the Irish word for '1909.'"

Feed for Pigs. Some pigs require more feed than others, and it is not easy to gauge the daily ration to each. One-third pound of ground corn is a good proportion, and a little bran or middlings may be added with a little meal of either kind. Feeding this carefully, the feeder will soon see how much should be given at a time; no more than they will eat is a good rule. Bran and middlings are best for broad sows to farrow, and a very little cornmeal, but ground oats may be added to the bran, about one-third of the latter.

Superlatives in Advertising. Japanese advertisers believe in a lavish use of superlatives. "The paper we sell," runs the announcement in a Tokyo stationer's window, "is as solid as the hide of an elephant."

"Step inside!" is the invocation of a big multiple shop in the same city. "You will be welcomed as fondly as a ray of sunshine after a rainy day. Our assistants are as amiable as a father seeking a husband for a dowryless daughter. Goods are dispatched to customers with the rapidity of a shot."

LIVE STOCK



KILLING WORMS IN HORSES

Good Plan to Keep Mixture of Equal Parts of Salt and Hardwood Ashes Before the Animals.

(By M. H. REYNOLDS, Veterinarian, University Farm, St. Paul, Minn.)

Horses have different kinds of worms inhabiting different parts of the intestines and requiring somewhat different treatments. There is no one specific or best treatment for worms.

It is a good plan to keep a mixture of equal parts of salt and sifted hardwood ashes constantly before horses.

For the white worms six to twelve inches long and other common worms living free in the intestines, try the following treatment: First give a mild physic, such as a pint to a quart of raw linseed oil. Feed little or no hay for three days. On the fourth day give two to three ounces, that is, from five to seven tablespoonfuls, of turpentine in a pint of raw linseed oil.

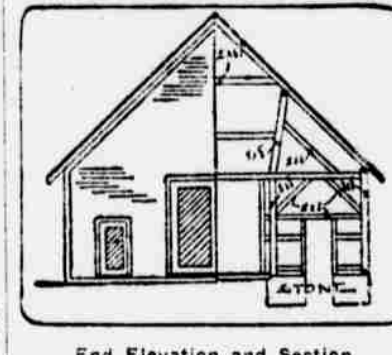
Repeat the same dose of turpentine and linseed oil on the fifth day, and repeat the whole process beginning on the fifteenth day from the start.

This dose is for a thousand-pound horse, and should be given about in proportion to weight. Judgment should be used concerning the condition and strength of the horse and how easily any particular horse is affected by cathartic medicines. Never give a severe physic to any horse that is thin and weak.

HANDY BARN ON SMALL FARM

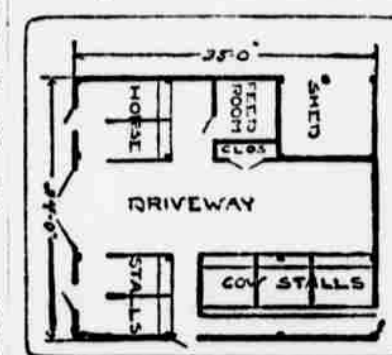
As Combination Structure for Cows and Horses Illustration Shows One Built Cheaply.

The barn shown in the illustration should be built for \$150, especially where a man is so situated he can do



End Elevation and Section.

most of the teaming at odd times. As a combination barn for cows and horses, with a shed in one corner, the arrangement is a handy one for a small farm, says a writer in the Missouri Valley Farmer. In size the barn is 34 by 38 feet, and the driveway



Floor Plan.

during the greater part of the year makes a convenient storage for wagons and farm implements. As the distance is not too great to back out with an empty wagon, there are doors at only one end of the driveway. This should make the barn warmer in winter. A space is left over the driveway for putting hay up into the mow overhead. This mow is capable of holding 15 or 20 tons of hay.

Push Immature Animals. All immature animals should be kept gaining in weight through the winter. They may not carry their fat through; that is not always profitable; but they should carry their weight through, and more. What they lose in fat they should gain in growth, and make a profitable increase—with steers at least a pound a day during the winter months. This does not necessarily apply to females, unless they are being grown for beef. If they are being grown for milk, it is not desirable to keep them in too high condition. Excessive fat and profligacy or fruitfulness, are, to some extent, at least incompatible.

On the New York subway is a school car in which all new employees take lessons in car coupling, door closing and opening, signaling, the operation of motor and brake mechanism, car lighting and heating and what to do in emergencies. Among the subjects taught is elocution. Each raw recruit has to learn how to shout loudly and clearly "Please watch your step" and call out the names of stations distinctly.

How They Love One Another. He—She is a decided blonde, isn't she? She—Yes; she decided on the color scheme last week.

Modern Form. Doctor—Do you take any form of active exercise? Patient—Oh, yes, doctor. I dodge automobiles all the way downtown.

ALBERTA CROP YIELDS

At Macleod, Alta., weather conditions were excellent all through the season. Ninety per cent. of the wheat up to Oct. 1st graded No. 1, the only No. 2 being fall wheat. The yield ranged from 20 to 40 bushels per acre, with an average of 28. Oats yielded well, and barley about 60 bushels.

Inverary is a new district in Alberta. Here wheat graded No. 2 and some of it went 50 bushels to the acre, oats going about 75 bushels.

Lethbridge correspondent says: "In the Monarch district the yield on summer fallow is averaging thirty-five bushels, a large percentage No. 1 northern."

"All spring grains are yielding better than expected in the Milk river district, south. A 300-acre field of Marquis wheat gave 41½ bushels.

"Experimental farm results on grain sown on irrigated land place 'Red Fife' wheat in the banner position, with a yield of 63.40 bushels per acre. Oats yielded 132 bushels to the acre.

"John Turner of Lethbridge grew barley that went 60 bushels to the acre.

"Red Fife averages in weight from 60 to 68 pounds, and at Rosthern the Marquis wheat will run as high as 64 pounds to the bushel, while a sample of Marquis wheat at Arcola weighed no less than 68 pounds to the bushel. This variety is grading No. 1 hard."

Calgary, Alta., Oct. 8.—The problem of handling Alberta's big grain crop is becoming a serious one, and there is a congestion at many points in southern Alberta. One thousand cars could be used immediately. The C. P. R. prepared for a normal year, while the yield of grain was everywhere abnormal, with an increased acreage of about 23 per cent.

Moore Jaw, Sask., returns show some remarkable yields.

Bassano, Alta., Sept. 25, '13.—Individual record crops grown in Alberta include 1,300-acre field of spring wheat grown near Bassano which went thirty-five bushels to the acre and weighed sixty-six pounds to the bushel.

Noble, Alta., Oct. 1, '13.—All records for the largest shipment of grain by one farmer will be broken this year if the estimate of C. S. Noble of Noble, Alberta, proves correct. Mr. Noble has notified the Canadian Pacific Railway here that he will have 550,000 bushels of grain, chiefly barley and oats, ready for shipment very shortly.

L. Anderson Smith, writing to a friend in the Old Country, located at Killam, Alberta, says:

"Anyone taking up land will find Alberta an ideal province. The soil is a rich black loam, varying from 6 to 12 inches in depth. The land here in this district is not wholly open prairie. At intervals, sometimes closely, sometimes widely scattered, there are small plots of poplar and willows.

These generally grow round some small depression in the land, and the snow drifts here in the winter and melts in the spring, filling these sloughs (province 'slows') with soft water. Nearly all these sloughs have old buffalo tracks to them, for it was from them that they always got their water. The poplars are very useful for building barns and hen-houses.

Wild grasses are plentiful, white tame grasses, such as timothy, brome and western rye grass do remarkably well.

Shanghai and Salt Fish. The city of Shanghai imported last year about 500,000 yen worth of salt fish. The import of salt fish dates three years back, and began with the introduction of salt salmon from Primorskyaya (Russian littoral province), salt cod from Kwangtung leased territory, and salt sardines from Nagasaki, says the Manchurian Daily News.

In addition to salt cod, the leased territory exported 5,000 yen worth of swordfish last year. This fish, which owes its name to its likeness to a sword in shape, well as in its glistering, scaleless body, is found in great abundance in these coast waters. The local quality is better suited to the Chinese palate than imports from Ningpo and ports on the North China coast, and has a promising future on the Shanghai market. In fact, the Chinese are heavy consumers of this fish, the total annual import to Shanghai reaching 4,200,000 piculs.

London Slums. The approaching demolition of the notorious Tabard street area reminds one of the clearing away of another famous slum—the Rookery of St. Giles—which was pulled down in the forties for the construction of New Oxford street. It largely consisted of lodging houses where men and women were accommodated at two pence per night, and was the resort of thieves and coiners. Many of the houses were connected together by the roof, yard and cellar in such a way that the apprehension of a criminal was an almost impossible task. In some of the passages traps were set which landed a determined pursuer into a cellar or cesspool.—London Chronicle.

Subway Elocution School. On the New York subway is a school car in which all new employees take lessons in car coupling, door closing and opening, signaling, the operation of motor and brake mechanism, car lighting and heating and what to do in emergencies. Among the subjects taught is elocution. Each raw recruit has to learn how to shout loudly and clearly "Please watch your step" and call out the names of stations distinctly.

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SIMPLY RI

General Manager One Conclusion of It:

"Poor girl!" as the manager just applied for a job walked out on. "What's her trouble?"

"It's too bad that a girl who is pretty—one who might be living luxury—is compelled to get out looking for work because she refused to listen to her parents. You heard her say she was married, didn't you?"

"Yes, but I didn't hear her mention her parents."

"Evidently you have not developed much ability in the way of making deductions. Why would a girl with such eyes, such hair, such a complexion, such teeth, such a beautiful face and such a figure as her have to go out looking for work if she hadn't married against her parents' wishes?"

Place for Prayer. Probably few youngsters make such a matter-of-fact business of prayer as a certain little Chicago laddie. He was going to bed one night in an upper room, which was heated in the old-fashioned way by a stovepipe running through the floor. A caller sat with the family in the room below, and this is what floated down to the caller in the child's clear treble:

"Oh, Billy, come over here by the stovepipe! It's a holly warm place to pray."

The Idea. "This is a new view of the law the trusts seem to be taking."

"Yes; dissolving views."

Employment bureaus have been provided for the Philippines by the Government.

35 BUSHELS PER ACRE was the yield of WHEAT

160 ACRES FARM IN WESTERN CANADA FREE

On many farms in Western Canada in 1913, some yields being reported as high as 50 bushels per acre. As high as 150 bushels were recorded in some districts for oats, 50 bushels for barley and from 10 to 20 for flax.

J. Keys arrived in the country 5 years ago from Lethbridge, with very little means. He homesteaded, worked hard, is now the owner of 160 acres of land, in 1913 had a crop of 200 acres, which yielded him about \$4,000. His wheat weighed 68 lbs. to the bushel and averaged over 35 bushels to the acre.

Thousands of similar instances might be related of the homesteaders in Manitoba, Saskatchewan and Alberta. The crop of 1913 was an abundant one everywhere in Western Canada.

Ask for descriptive literature and reduced railway rates. Apply to Superintendent of Immigration, Ottawa, Canada, or G. A. COOK, 128 W. 10th St., Kansas City, Mo., and C. A. Broughman, 412 Broadway, New York City, Canadian Government Agents.

FREE TO ALL SUFFERERS. Suffer from RHEUMATISM, GRAVEL, NEURALGIA, BRUISES, SKIN DISEASES, BURNED, SCALDED, FROSTBITE, WOUNDS, SORES, ETC. Write for FREE BOOK, THE MOST INSTRUCTIVE, INTERESTING AND VALUABLE EVER PUBLISHED. THE NEW FRENCH REMEDY, DR. J. E. PINKHAM'S VEGETABLE COMPOUND, FOR THE RAPID CURE OF ALL THE ABOVE AFFECTIONS. FREE. No money required. For full particulars, write to J. E. PINKHAM, 100 N. BROADWAY, NEW YORK, N. Y.

MONEY IN TRAPPING FURS. We sell you how and pay you for the furs. Write for full particulars and sample price list. J. E. PINKHAM, 100 N. BROADWAY, NEW YORK, N. Y.

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PARKER'S HAIR BALM. A hair restorative of merit. It cures itching, dandruff, and restores color and beauty to gray or faded hair. It is sold by all druggists.

HAVE YOU DANDRUFF AND ITCHING SCALP? Send one of our bottles to you. It is a sure cure. Write for full particulars. J. E. PINKHAM, 100 N. BROADWAY, NEW YORK, N. Y.

Improving With Age. "This lamb is getting pretty bad," said the new clerk. "What shall I do with it?"

"Does it smell rank?" inquired the market man.

"Yes. Shall I throw it away?" "No. Label it venison and mark up the price to 60 cents a pound."

In the Hospital. "What is the matter with this prohibition patient, doctor?" "What might be expected. Water on the brain."

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless chill Tonic

Is Equally Valuable as a General Strengthening Tonic, Because It Acts on the Liver, Drives Out Malaria, Enriches the Blood and Builds Up the Whole System.

You know what you are taking when you take Grove's Tasteless chill Tonic, as the formula is printed on every label, showing that it contains the well-known tonic properties of QUININE and IRON. It has no equal for Malaria, Chills and Fever, Weakness, General Debility and Loss of Appetite. Gives life and vigor to Nursing Mothers and Pale, Sickly Children. A True Tonic and Sure Appetizer. For grown people and children. Guaranteed by your Druggist. We mean it. BOTTLED BY MANFELD DRUG CO., MEMPHIS, TENN.

Death Lurks In A Weak Heart

Is fluttering or weak, use REI VINE. Made in France. Manufactured by Manfeld Drug Co., Memphis, Tenn.

WOMEN Everywhere

Praise Lydia E. Pinkham's Vegetable Compound

Women from the Atlantic to the Pacific, from all sections of this great country, no city so large, no village so small but that some woman has written words of thanks for health restored by Lydia E. Pinkham's Vegetable Compound.

No woman who is suffering from the ills peculiar to her sex should rest until she has given this famous remedy a trial. Is it not reasonable to believe that what it did for these women it will do for any sick woman?

Wonderful Case of Mrs. Stephenson, on the Pacific Coast.

INDEPENDENCE, OREGON.—"I was sick with what four doctors called Nervous Prostration, was treated by them for several years, would be better for a while then back in the old way again. I had palpitation of the heart very bad, fainting spells, and was so nervous that a spoon dropping to the floor would nearly kill me, could not lift the lightest weight without making me sick; in fact was about as sick and miserable as a person could be. I saw your medicines advertised and thought I would try them, and am so thankful I did for they helped me at once. I took about a dozen bottles of Lydia E. Pinkham's Vegetable Compound and also used the Sensitive Wash. Since then I have used them whenever I felt sick. Your remedies are the only doctor I employ. You are at liberty to publish this letter."—Mrs. W. STEPHENSON, Independence, Oregon.

A Grateful Atlantic Coast Woman.

Hopkinton, Me.—"I feel it a duty I owe to all suffering women to tell what Lydia E. Pinkham's Vegetable Compound did for me. One year ago I found myself a terrible sufferer. I had pains in both sides and such a soreness I could scarcely straighten up at times. My back ached, I had no appetite and was so nervous I could not sleep, then I would be so tired mornings that I could scarcely get around. It seemed almost impossible to move or do a bit of work and I thought I never would be any better until I submitted to an operation. I commenced taking Lydia E. Pinkham's Vegetable Compound and soon felt like a new woman. I had no pains, slept well, had good appetite and was fat and could do almost all my own work for a family of four. I shall always feel that I owe my good health to your medicine."—Mrs. HAYWARD SOWERS, Hopkinton, Maine.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No one sick with woman's ailments does justice to herself if she does not try this famous medicine made from roots and herbs, it has restored so many suffering women to health.

Write to LYDIA E. PINKHAM MEDICINE CO., (CONFIDENTIAL) LENOX, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.

His Life Story. "Excuse me, sir," said the seedy one in the hotel lobby, "but though a stranger to me, your face seems familiar. Have you any relatives in Atlanta?"

"Not one" was the reply. "Years ago I floated down the Chattahoochee river on a raft, leaving all my relatives behind. The raft was wrecked in a storm and I had to swim ashore, with a 40-pound catfish in tow. I traded the fish for a week's board, put an 'ad' in the 'Lost' column, recovered my wrecked raft and started a lumber yard. You can get a doubleheader of near-beer at the bar on the left; here's the price."—Atlanta Constitution.

In Chicago. Mrs. Washburn—I see eggs laid by a New Zealand lizard require 14 months to hatch.

Mrs. Dearborn—The idea! We ought to boycott those eggs, too!

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

The Exception. "Women are never given to abstract reflections."

"Did you never catch them stealing glances at a mirror?"

More than 3,000,000 gross of pencils are annually made in Philadelphia.

Sometimes a smart man gets paid for not doing things he might.

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